

# Look after your Heart



For more information, visit  
[www.shifaclinic.org](http://www.shifaclinic.org)  
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## What is heart disease?

Heart disease is a common illness and one of the main causes of early death in the United States

## Main factors causing heart disease

- Not eating a healthy balanced diet
- Not being active or taking regular exercise
- Smoking
- High blood pressure
- Obesity and being overweight
- Diabetes

## Eat a healthy diet to reduce risk

- Fruits and vegetables
- Bread, cereals and potatoes
- Meat, fish and alternatives such as bean and pulses
- Milk and foods made from milk (dairy product)

